



I woke up this morning, smiled at the rising sun ~ Bob Marley

The Health Chat Newsletter



It's that time of year again and I, for one, am so happy! Summertime! Hallelujah! Summer is finally here and much needed after a very long winter and even longer and worse spring. Hopefully, all that is changing and we will be seeing warm sunny days spent poolside, relaxing at the beach or at a lake.

So, let's talk about the sun. Is it really that harmful to you? While the sun can be damaging to the skin if you are in it long enough to get burnt, a little bit of natural sun exposure is

actually very good for overall health, because it is the best source of naturally occurring vitamin D. Keep in mind that vitamin D acts more like a hormone than a vitamin in the body and it is important for mood, bone health, immune health, blood sugar balance, heart health, and may provide protection against some cancers. Because vitamin D plays such a vital role in overall health in the human body, you can see why getting enough vitamin D and direct sunlight are so important.

This does not mean that you have to sit and sunbathe for hours at a time. Actually, you can get your daily dose of vitamin D in a short amount of time, and the lighter your skin, the less time needed. For instance, a fair person gets enough vitamin D with only 20 minutes of direct sun exposure, while somebody with darker skin would need approximately 45 minutes of exposure. The problem is, every time you put on sunscreen, you are blocking your body from absorbing the vitamin D it needs. So, this summer, make a point of getting out in the sunlight for at least 20 minutes to a half hour. You don't need to be in a bathing suit for this, exposure on your hands, arms, and scalp will do the job. Just make sure you take advantage of the sun now, because in New England, from October-May the sun is not high enough in the sky for us to get the vitamin D we need, even if you enjoy outdoor activities. Finally, a good vitamin D level from a functional nutrition standpoint is 32-100ng/ml. I even like to see the number over 50. So please keep this in mind through the summer, make sure you get outside and enjoy the warm sunshine, and when October hits, be sure to pick up a high-quality Vitamin D supplement, preferably one that also has vitamin K2.



Product Highlight - Badger Sunscreen

Badger sunscreens offer full broad spectrum protection using the mineral zinc oxide as the only active ingredients. Badger uses zinc oxide as the only active ingredient in all of their

sunscreens. Zinc oxide is a safe mineral that sits on top of your skin, scattering, absorbing and reflecting UVA and UVB rays before they reach your living cells. Southboro Wellness carries a number of Badger Sunscreen products - active, baby, clear and sport.

Stop by the store today to find the sunscreen that works best for your family.



Blackened Shrimp Bowls

1 lb. shrimp, tails removed, peeled and deveined

1 1/2 tsp. cumin

1 tsp. paprika

1 tsp. garlic powder

1/2 tsp. onion powder

Kosher salt

Freshly ground black pepper

2 tbsp. olive oil, divided

1 c. fire roasted corn

1 red pepper, diced

2 tbsp. freshly chopped cilantro, plus more for garnish

Juice of 1 lime, divided

1 avocado, thinly sliced

Make shrimp: in a large bowl, toss shrimp with cumin, paprika, garlic powder, onion powder, and season with salt and pepper. In a large skillet over medium-high heat, heat 1 tbsp olive oil. Add shrimp and cook until opaque and charred.

Make corn salad: in a medium bowl combine corn, pepper, and cilantro. Add 1 tbsp olive oil, juice of half a lime, and season with salt and pepper.

Build bowls: divide rice between 4 bowls. Top with shrimp, corn salad, and 1/4 avocado each. Garnish with cilantro, squeeze with lime and serve.



Olive Oil & Herb Popcorn

2 T EVOO

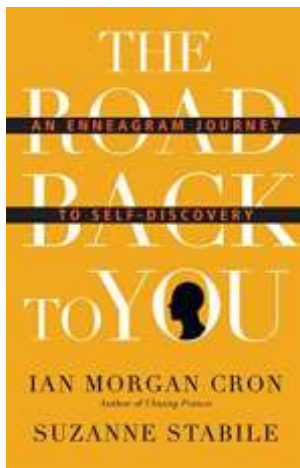
1/2 t each of garlic powder, paprika & thyme

1/4 t salt

8 C hot plain popcorn

Drizzle oil over hot popcorn and toss with herbs and spices

ENJOY



Book of the month

The Road Back To You

by Ian Morgan Cron

Do you want help figuring out who you are and why you're stuck in the same ruts? The Enneagram is an ancient personality typing system with an uncanny accuracy in describing how human beings are wired, both positively and negatively. Not only will you learn more about yourself, but you will also start to see the world through other people's eyes, understanding how and why people think, feel, and act the way they do.



Events & Seminars

Join us TOMORROW **June 5th at 12:15pm**, for our next health seminar on **digestion and overall gut health**. As always, our seminars are FREE.



Store Hours

M, T, W, Th: 10am to 6pm

Friday: 10am to 5pm

508-353-0483

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(We are located between Red Barn & Sperrys on Route 9 West)



Dr Brooke has a blog!
Check it out on our website - in case you missed it!



You've got this! Keep moving forward and don't give up. Your body has an amazing ability to heal itself when it's treated well, but remember healing takes time. We are here to support you on your road to health and well-being.

No question is too small, stop by the store or reach out via email/phone anytime.

Be well,

The Southboro Wellness team

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Forward to a friend

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